
User Manual

Polar MobileLink to Fitness

Mobile Application
Polar Electro Oy



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Introduction

Welcome to the Polar MobileLink to Fitness application!

The **Polar MobileLink to Fitness** is a versatile tool for managing your fitness regimen by using your mobile phone.

With this mobile application you can:

- transfer your training sessions from the Polar F55 Fitness Heart Rate Monitor to the Nokia 5140i and Nokia 5140 mobile phones.
- get instant feedback on your exercises by viewing the exercise information on the phone display.
- store exercises for later analysis. The large memory capacity of the Nokia mobile phone allows you to save data from training sessions and track your performance over time.
- send exercise information as a text message (SMS), for example, to your personal trainer or your training friends.
- send your exercises to the Polar Fitness Trainer web service via the GPRS connection. The Polar Fitness Trainer is a tool for analyzing your training session and for keeping an exercise diary.
- view your Polar Keeps U Fit -Own workout program and send it to the wrist unit or to the Polar Fitness Trainer web service.
- view animated Polar Body Workout -movements on the mobile display to guide you through strength training at the gym.
- view the trend graph of your Polar OwnIndex and Polar OwnRelax test values.

Reading this manual is highly recommended. It is the easiest way to learn how to use this application's versatile features efficiently for your own training.



Note!



A hint on how to effectively use a function

Getting started

Configuration

Polar MobileLink to Fitness mobile application is designed for

- Polar F55 Fitness Heart Rate Monitor and
- Nokia 5140i and Nokia 5140 mobile phones.

Installing Polar MobileLink in your mobile phone

Some of the **Nokia 5140i** mobile phone includes the **Polar MobileLink to Fitness** application pre-installed. You will find it under the **Applications** menu in the **Collection** folder.



If you do not have Polar MobileLink to Fitness pre-installed in your Nokia 5140i mobile phone or you have Nokia 5140 model, you should download the application from the Polar web site. For more information, see the instruction below.

Instruction

Download the **Polar MobileLink** to your PC from the **Polar web site** free of charge. Then install the application to your mobile phone by using Nokia PC Suite software.

1. Visit www.polar.fi and then select **Polar MobileLink** from the **Product Finder** list.
2. Locate the downloading page of the Polar MobileLink to Fitness application.
3. Click the desired language package.
4. Download and save the Win Zip file to your PC. You can save the file, for example, on your PC's Desktop.
5. Extract the Win Zip file to the same folder.
6. Install the application in your phone by using the Application Installer in the Nokia PC Suite software.



Nokia PC Suite software can be downloaded from www.nokia.com.

Starting Polar MobileLink application

1. Press **Menu** and select **Applications – Collection**.
2. Select **Polar Fitness** from the collection list and press **Open**.

Alternatively, you can use the shortcut by pressing the **Go to** key:

1. Press **Go to** and select **Collection**.
2. Select **Polar Fitness** from the collection list and press **Open**.



It is a good idea to arrange the feature list under the **Go to** key so that the most used features are at the top of the list.

- To arrange the feature list, press the **Go to** key and then the **Options** button. Then select **Organise**.

Transferring exercises from wrist unit

Fitness data is transferred from the wrist unit to the mobile phone via infrared communication.

Introduction

1. Start the **Polar MobileLink to Fitness** application.
2. Select the **CONNECT** mode in the wrist unit.
3. Place the wrist unit and mobile phone so that the infrared windows are pointing towards each other. You can hold the units in your hands or put them on the table.



Select **Receive data**. If you are opening the connection the first time for this session, the application prompts you about allowing the connection. Allow connection by pressing **Yes**.

The wrist unit turns to the transmission mode and **Infrared connect** is displayed on the wrist unit. On the mobile phone display, **Starting connection** is displayed first, then **Receiving data** and finally **Data saved**.

Polar MobileLink transmits and saves all exercises in the wrist unit, and Polar OwnIndex and Polar OwnRelax test results.



Only new exercises and test results will be saved. Exercise data is not saved twice.

Managing your exercises

Opening an exercise

1. Select **Exercise files** from the main menu. A list of exercises is displayed on the mobile phone.
2. Browse to the desired exercise and press **Select**. Exercise information is displayed.



You can save up to 50 files in the mobile phone.



To view the entire exercise name in the **Exercise files** list, press **Options** and then select **View**.



You can light the display by pressing the  key in the lower right hand corner of the keypad.



You can send the information as a text message (SMS) by pressing **Options** and then selecting **Summary SMS**. For more information, see [Sending exercise data as text message \(SMS\)](#).

Entering a note for an exercise

1. In the exercise information view, press **Options**.
2. Select **Write/edit note**.
3. To write or edit the note, press **Edit**.
4. Enter a note (up to 50 characters) and then press **OK**.
5. To save the note, press **OK**.

Notes are displayed in your Exercise Diary in the Polar Fitness Trainer. When you transfer your exercises to the Polar Fitness Trainer, any note(s) will also be transferred to the service.

Deleting an exercise

Option 1

1. Select **Exercise files** from the application main menu.
2. Select the desired exercise from the exercise list and press **Options**.
3. Select **Delete**. The application prompts you about the file removal. By pressing **OK**, the selected file is removed.
To remove all exercises in the mobile phone, select **Delete all**.

Option 2

1. Open the desired exercise and press **Options**.
2. Select **Delete**. The application prompts you about file removal. By pressing **OK**, the selected file is removed.

Adding an exercise manually

1. Select **Exercise files** from the application main menu.
2. Press **Options**, then select **Add exercise**.
3. Press **Edit**, and enter exercise data. Use the arrow down/up key to select the desired row.
4. Press **OK** to save the exercise.

Sending exercise data as text message (SMS)

You can send the exercise information as a text message (SMS), for example, to your personal trainer, or to your training buddies as well.

1. Open the desired exercise from the **Exercise files** list.
2. Press **Options**, and select **Summary SMS**.
3. If you would like to add extra information, enter an **Additional message** (max 100 characters).
4. Enter the phone number or find the number from **Contacts** by pressing **Options** and then using the **Search** option.
5. Press **Yes** to send the message(s).



The exercise data in the message cannot be edited. It will be identical to the recorded data in the wrist unit.

Transferring exercise data to Polar Fitness Trainer web service



You should register yourself with the Polar Fitness Trainer web service before sending exercises.



To use the feature, you need to have a GPRS Service Agreement with your Mobile Network Operator.

Firstly...

1. Select **Web settings** from the **Polar MobileLink** application main menu.
2. Press **Edit** and enter your Polar web service **user name** and **password**.



Use the same user name and password as for the Polar web service.

Transferring exercises

1. Select **Send to web** from the application main menu.
2. If you are opening the connection the first time for this session, the application prompts you about allowing the connection. Allow connection by pressing **Yes**.

The GPRS connection is activated and all exercises are transferred and stored automatically under the right date in the Exercise Diary in the Polar Fitness Trainer web service. Polar OnwIndex and Polar OwnRelax values are also transferred at the same time.

Viewing Keeps U Fit program

You can view your **Keeps U Fit** program in the **Polar MobileLink to Fitness** application. You can download your program to the application from the wrist unit or from the Polar Fitness Trainer web service.

Receiving Keeps U Fit program from the wrist unit

1. Select the **CONNECT** mode in the wrist unit.
2. Place the wrist unit and mobile phone so that the infrared windows are pointing towards each other. You can hold the units in your hands or put them on the table.
3. Select **Keeps U Fit** from the application main menu.
4. Select **Get new program**, and then select **From wrist unit**.

If you are opening the connection the first time for this session, the application prompts you about allowing the connection. Allow connection by pressing **Yes**.

First **Starting connection** is displayed, then **Receiving data** and finally **Data saved**.

Receiving Keeps U Fit program from the web service

1. Select **Keeps U Fit** from the application main menu.
2. Select **Receive program**, and then select **From web service**.

If you are opening the connection the first time for this session the application prompts you about allowing the connection. Allow connection by pressing the **Yes** key. The GPRS connection is activated and your Keeps U Fit program is downloaded to the phone.



When the data is saved close the GPRS connection by pressing the red End key on the keypad.

Viewing the Keeps U Fit program

1. Select **Keeps U Fit** from the application main menu.
2. Select the desired viewing option: **Weekly target** or **Target exercises**.

Sending Keeps U Fit program to the wrist unit

1. Select the **CONNECT** mode in the wrist unit.
2. Place the wrist unit and mobile phone so that the infrared windows are pointing towards each other. You can hold the units in your hands or put them on the table.
3. Select **Keeps U Fit** from the application main menu.
4. Select **Send program**, and then **To wrist unit**.

If you are opening the connection the first time for this session, the application prompts you about allowing the connection. Allow connection by pressing **Yes**.

Starting connection is displayed first, then **Receiving data** and finally **Data saved**.

Sending Keeps U Fit program to the web service

1. Select **Keeps U Fit** from the application main menu.
2. Select **Send program**, and then select **To web service**.

Allow network access? is displayed. Allow connection by pressing the **Yes** key. The GPRS connection is activated and your Keeps U Fit program is sent to the phone.

Viewing Polar Body Workout animations

The Polar Body Workout™ is a strength training guide that you can easily perform by following the movements and weights suggested to you by the wrist unit. Use the Body Workout animations in the Polar MobileLink to Fitness application to ensure that you perform the different movements correctly.

Downloading Body Workout animations from the web service

Body Workout™ animations do not exist as pre-installed in the mobile phone memory but should be downloaded when you first begin to use the Body Workout™ feature.

1. Select **Body Workout** from the application main menu.
2. Once prompted to download the Body Workout™ animations, press **Now**.
3. **Allow network access?** is displayed. Allow connection by pressing the **Yes** key.

The GPRS connection is activated and the animations with default count of sets and repetitions are downloaded to the phone.



When the data is saved close the GPRS connection by pressing the red End key on the keypad.



The Body Workout™ movements can not be edited with the Polar MobileLink. To edit your Body Workout™ program, use the Polar F55 wrist unit. However, it is not possible to transfer the edited program to the phone. You can view your personal count of sets and repetitions on the F55 wrist unit display.

Viewing Body Workout animations

Animations of the **basic movements** and **additional movements** are shown on the phone display. You can also view the movements in an **alphabetical list**, making it easy to find the desired movement.



Keeping your Nokia mobile phone with you while you are training in a gym with the Body Workout™ is a good idea. By viewing the movement animations on the phone display you can keep good form throughout the workout.

Viewing test results

You can monitor your progress by viewing a diagram over Polar OwnIndex and Polar OwnRelax values on the phone display.

When you transfer exercises also all test results are transferred to the application.

Viewing test results

1. Select **Tests** from the application main menu.
2. Select the desired test: **OwnIndex** or **OwnRelax**.
3. Press the arrow right/left keys to view different test results. The test date and the test values appear at the bottom of the display.

Frequently asked questions

What if 'Error closing .db file' or 'Failed to receive data' is displayed on the mobile phone's display when trying to receive data from Polar web service, for example new Keeps U Fit program or Polar Body Workout animations?

- The mobile phone's memory is full. You can release memory, for example, by deleting pictures from your photo gallery.

What if 'Failed to receive data' or 'Error in HTTP operation' is displayed on the mobile phone's display when trying to receive data from Polar web service, for example, new Keeps U Fit program or Polar Body Workout animations?

- The mobile phone's memory is full. You can release memory, for example, by deleting pictures from your photo gallery.
- The GPRS connection settings are missing in the mobile phone. Refer to the instruction of your Mobile Network Operator to install the settings.

What if 'Error in HTTP operation' is displayed on the mobile phone's display when trying to send data to Polar web service, for example, exercises or your Keeps U Fit program?

- The GPRS connection settings are missing in the mobile phone. Refer to the instruction of your Mobile Network Operator to install the settings.

Does the Polar MobileLink to Fitness application work with other mobile phones?

- Polar MobileLink to Fitness is designed for the Nokia 5140i and 5140 mobile phones. The data transmission via infrared connection does not work from other mobile phones than Nokia 5140i and 5140.
- However, you can use the other features, for example, view Body Workout animations and your Keeps U Fit program, with the following Nokia Series 40 mobile phones: 8801, 8800, 7270, 7260, 6822, 6280, 6270, 6265, 6265i, 6255, 6235, 6235i, 6230i, 6230, 6170, 6155, 6155i, 6152, 6111, 6102, 6101, 6060, 6030, 6021, 6020, 3220, 3155, 3155i and 3152.

- The application can be installed on the above mentioned phones. However, we have not tested all features completely with these phones and we can not guarantee complete functioning.
- You can send exercise information from Nokia 5140i and Nokia 5140 as a text message to any other mobile phone.

How many exercises can be stored in the mobile phone?

- A total of 50 exercises can be stored in the mobile phone. However, the Nokia 5140 phone uses a large shared memory, which means that the size of the exercise files shares the overall memory with other applications in the phone, and there should be enough empty space for 50 exercises in the mobile phone's memory. Also if the exercise is so long that it fills the entire memory in the wrist unit, the number of exercises will be less than the maximum 50.

At what speed is data transferred?

- From the Polar F55 Fitness Heart Rate Monitor to the Nokia mobile phone: 9,6 kB/s
- From the Nokia mobile phone to the Polar Fitness Trainer web service: depends on the speed of your mobile operator's service